

YOUR COOKING SAFETY CHECKLIST

COOKING FIRES ARE THE #1 CAUSE OF FIRES IN BRAMPTON.



USE THESE COOKING SAFETY TIPS TO PREVENT A KITCHEN FIRE IN YOUR HOME.

- ☑ **STAY IN THE KITCHEN** while cooking, frying, boiling, grilling and broiling food. Turn off the burner if you leave the kitchen for any reason.
- ☑ **STAY IN YOUR HOME** when simmering, baking or roasting food. Check it regularly and use a timer as a reminder you are cooking.
- ☑ **BE ALERT AND ATTENTIVE** when cooking. NEVER cook if you are not alert, sleepy, consumed alcohol, drugs or medicine.
- ☑ **MOVE ITEMS THAT CAN BURN** and catch fire, away from the stovetop. Ex. Oven mitts, pot holders, towels, cloth, cooking utensils, food packaging, etc.
- ☑ **PREVENT CLOTHING FROM CATCHING FIRE** by wearing short, close-fitting or tightly rolled sleeves while cooking.
- ☑ **UNPLUG SMALL APPLIANCES** when not in use. Always let it cool before cleaning and putting it away.
- ☑ **BE PREPARED** by having oven mitts and the pot/pan lid beside the stove while cooking.

ACTIONS TO CONSIDER IN CASE OF FIRE

A SMALL GREASE OR POT/PAN FIRE

- **NEVER pour water on a grease fire!**
- Put on your oven mitts to protect your hands.
- Slide the lid over the pot/pan to smother the flames.
- Turn off the burner and do not move or remove the lid until the pan has cooled.
- DO NOT try to pick up and carry a flaming pot, it will burn your skin and if dropped, spread the fire.

AN OVEN FIRE

- Turn off the heat and keep the door closed.
- **Do not open the oven door until it is cool and the fire is completely out.**

A MICROWAVE OVEN FIRE

- Turn off the microwave immediately to stop the fan from feeding oxygen to the flames.
- **Do not open the microwave oven door until it is cool and the fire is completely out.**

**A FIRE IN THE KITCHEN IS ALWAYS AN EMERGENCY;
DIAL 9-1-1 IMMEDIATELY, EVEN IF YOU THINK THE FIRE IS OUT.**

WHY? Fire, heat and smoke can actually spread into other areas without you being aware of it.

Only attempt to extinguish a small kitchen fire if it is safe to do so.

WHEN IN DOUBT: GET OUT AND STAY OUT! Always call 9-1-1.



SMOKE ALARMS

Make sure you have a working smoke alarm on every level of your home and outside all sleeping areas.

Test your smoke alarms monthly and change the batteries at least once a year.

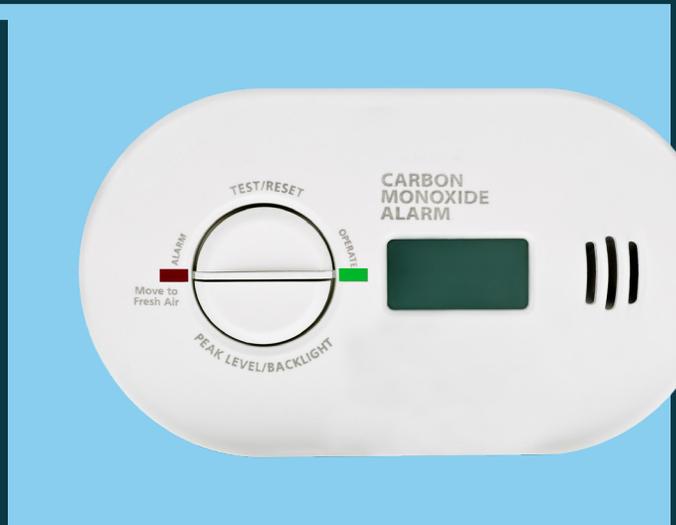
Replace smoke alarms that are more than 10 years old.



CARBON MONOXIDE ALARMS

Have a working carbon monoxide alarm beside all sleeping areas.

Test your carbon monoxide alarms monthly and replace according to manufacturer's instructions.



HOME FIRE ESCAPE PLAN

Make a home escape plan. Pick a meeting place in front of your home. Practice it twice a year.

